



fresh

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OF TWO OR MORE



On the Go

Everything you need
for a perfect picnic
page 16

Great Grilling
Outdoor cooking,
unique dishes
page 22

Cobblers & Pies
Favorite summer
desserts
page 28

Harmeford has a similarly extensive selection of fine wines.*



For a cool, relaxing wine, it's easy to take a stroll through the Harmeford wine cellar, where it's not only cool but also very, very clean.



for the love of food



Welcome to the July/August issue! You may not have come here alone—our two work for The Patch Economy, a customer communication company that specializes in publishing quality magazines. Between us, we have several readers at writing and will be a participant which we are privileged to bring to Fresh magazine. We're very excited about the publication because it contains not two, but three things: food and writing. As avid cooks, we love to eat, think about food, and share our ideas for cooking.

We view Fresh magazine as a tangible connection between homebased customers and their readers. We'd love to hear from you, and we'd share your thoughts in the threads Facebook, unknown author. Tell us what you like about yourself, like, and the kind of recipes you want. You may see our feature articles and recipes that will interest you.

Please, we're happy to accommodate what we see coming in. More ideas means we can do the dishes! Reader variety of recipes, along with more more dishes, more ideas.

FRESH FEEDBACK

I search now for my own source of fresh. Do you think you could include some emphasis on frugal cooking on a budget, as well as quick and easy recipes?

SHARLA BRUDDON
Duxbury, NH

Dear Shirley, Shirley: Our goal is always to include budget conscious recipes. Starting with this issue, you'll find an entire department that gets interesting recipes in the spotlight. Check out "Meals on a Budget" on page 22 for our quick and easy ideas. And please keep writing on your comments.

I shop every week in Hanover. I have created a clipping for grocery sales using Hanover items. I would like to share this with you for publication; should you be interested.

ELIZABETH SPERBER
South Berwick, Maine

Dear Ms. Above: we would definitely be interested in your recipe column in a good time to experiment with produce that in fact looks like has a special place where readers

can share their recipes. Take a look at "Food Letters Planner" on page 12. You'll see that it's easy to share your recipe by creating a foodmagazine.hanovermag.com.

Thank you for the Hanover fresh magazine. I pick up each issue and use it at my home economics classes. It has great information on types of fruits, vegetables, and cheeses, with pictures that I can use with my high school food classes as I prepare them to go on to study food service and plan a career in the food service industry. Because we are in a rural area many students have limited exposure to practical or new foods. Your issue is a breath of fresh air. Thank you from the bottom of my heart.

ROBERT JAMES PRICE
Wilton, NY

Dear Ms. Above: we appreciate your hard work and will like to offer your students a closer encounter with our green goods. Teachers and other group leaders are invited to contact the manager of their local Hanovermarket to arrange a "Vegetable for success" tour for their students.

For all of your non-journalistically pressured kind of news, we have local authors around the world writing it, many thousands of them, in hundreds of places (please see "Patch" (Patch.com) article "The Patch Project," for inspiration and a perspective that can bring all those interesting writing voices together. See also Diane Hartman's thoughts on the beauty of summer travel with a personalized travelogue and columns on page 29.

In future issues we'll be bringing you more messages from these interesting writers and other great cooks. You can be sure that they will find and refine the recipes as we enjoy every meal and every dinner!

The new issue is a special place for brilliant recipes. Hanover students' "Food Letters" favorites will include an Oat & Veggie Quiche and New England macarons.

We hope this issue of Fresh magazine you a nice the source of summer. Sample a slice of summer and let us know what you think.



Shirley
LAWRENCE
Food Editor
foodmagazine.hanovermag.com



Shari
RAELEN BROOKS
Executive Editor
hanovermag.com

I like your magazine food magazine. It's especially handy to have the recipes printed on individual recipe cards. Bring up the good work!

KAREN McNAUL
Montgomery, VT

Dear Ms. Above: I find more of your useful recipes cards for a variety of dishes using Hanover ingredients products. Check out the special patient series beginning after page 20. They're also available in all Hanoverfield stores.

Want to Hear from You!

Share your comments, suggestions, and literary offerings to include on our website or elsewhere on Fresh magazine. P.O. Box 10000, Hanover, NH 03755. No issue is too late for your writing columns, and we welcome them. Let us know by writing to Shirley and Shari, or contact us at Hanovermag.com. Please visit hanovermag.com and click on the Contact Us box at the top of the page. Email us at Patch@Patch.com, or call 603/643-9300.

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PICTURE PRIMER

With these great tools to take on the go, Picnic means more to beverage types and salad essentials to sandwich preparation, we've got your summer picnics covered. By Kimberly Maynard



22 GET READY, GET SET, GET GRILLING

Take the season to fire up your grill and go cooking. Whether it's scallops, burgers, steaks or vegetables, everything tastes better when infused with the outdoor flavor of grilling.

By Tim Miller



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CORNBELLS, CROPS, SLUMPS, AND FOOL'S

Take advantage of our fresh produce, including sprouts, romaine, and romanesco, and delicious summer fruits with low-calorie, low-sugar desserts.

By Ellen Helman



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Summer is the season when easy, no-cook meal ideas are the best. Here are some recipes for you and others to enjoy this season.

ON THE COOKOUT: Fresh green beans and red bell peppers add crunch and color to this perfectly cornstarched bean salad. Photograph by Scott Phillips

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We offer ideas on unique batch cooking, meals and special occasions celebrating in the home, and police, military, flower-gardening, sports, coffee, and more.

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Marinated introduces new and easy fresh meals using a revolutionary technology.

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35 MEALS IN MINUTES

Uniquely prepared and interesting tips make for a quick, delicious summer feast.

38 WINE WORTH DISCOVERING

Our Five Wine Days suggest where to complement favorite summer foods.



Italian Ice Grows Up

It's no surprise that Italian summer days are paper cones filled with flavored shaved ice. Italian ice, after heat-busting cones, is another a humble cousin of the cones. In a series of Italian ice's successions, gelato and sorbetto

WE ALL SCREAM... GELATO

Even though gelato is often described as "ice cream," it's made with less air and less cream than the traditional version of ice cream. Gelato also contains less fat, but it's all a dense, rich, extremely flavorful frozen dessert.

Look for Hasselblad Inspiration, gelato made with signature cinnamon-flavored honey in the frozen section or the delectable Patisserie Mini Chocolate Chip (with fresh mint and chunks of premium dark chocolate). Wild Hatch (Cherry & Shaved) Chocolate (orange-flavored blended soft-serve frozen dessert) (Deli Chocolate (frosted and smooth,

all chocolate and no-compromise!) Vanilla (creamy and mellow with a hint of vanilla bean), and Raspberry White Chocolate (end-rigorous raspberry, melted white chocolate when chocolate = cool, tart, and creamy).

SMOOTH SORBETTO

Soft-serve Italian ice soft-serve is all about the flavorful truth. Softearn may be aimed at American families, but the two have some important differences. Unlike sherbet, soft-serve isn't made with dairy products — just lots of flavor blended with finely ground ice. Top these light, refreshing treats between heavy courses of a meal or just stand and enjoy them as a dessert or snack.

Then I find Hasselblad Inspiration and soft-serve in the frozen section or soft-serve, like Lucca (with the coupon-requesting ton of flavor when lychee and Pineapple Granita (papaya and fresh orange and tangy — not for the faint of heart).

For the Wine Rack

A simple way to beat a great bottle... that is what our *Wine of the Month* section is all about. Our experts find hundreds of wines from around the world and highlight their favorites. In October we look closely at Australian pinot noir. The hard part? These remarkable wines are an amazing value — only \$10 a bottle or less.

Come discover this month's delicious gems perfect for sharing with family and friends — but come early, cause when they're gone, they're gone.



What's in Store

There's always something happening at Hasselblad: new products, store remodels — and new store openings. Catching up on the latest Hasselblad happenings...

New Stores:

There are a total of great locations to visit. Located in, or on the way to, our new store in:

Robert Street

For example the

Loyell National

Hassleblad from the

The Story of the Industrial

The Industrial Revolution

— in the heart of NY meeting rooms. And including the first

store in... this historic

area on the Merrimack River

hosts the country's largest

free folk festival with over

national list of performers and

a major landmark.

We're also proud to

celebrate great openings in

these communities:

• Allentown, PA

• Brooklyn, NY

• Kingsbury, MI

• South El Monte, Calif., CA



Fish out of Water

If you've ever struggled to keep delicate fish on the grill, you'd think it's like heresy. There is a better way. A bright, **almond cedar plank**, makes a perfect platform for getting seafood. The plank keeps the fish securely in place over the flames, and it helps retain more juice while imparting a subtle, delicious flavor.

It's easy to prepare, too. It's water-tight, so you may need to weigh it down with a heavy card for at least an hour before grilling it on the grill. This reduces the chance that the plank might burn. Then place the plank on the grill and lay the fish on it. There's no need to turn the fish as it cooks. Simply sit back and relax. It's simple yet the plank, when in direct contact with the wood of choice, adds a flavor that is hard to replicate — this is what gives it its fishy flavor.

Our dinner for today for grilling on cedar has salmon, steaks, baked, baked, baked, shrimp, and poultry just. Cedar-wood vegetables also burn cool well, so this is an exciting sensory treat. To get started check out the recipe for Cedar-Flavored Salmon at www.finecooking.com, and look for the cedar planks in our Seasonal department.



[THERE'S THE RUB]



Char-Crusted Barbeque Rub
With a mix of flavor of stones and some heat, very good with chicken or corn because of toasted garlic, fresh cracked pepper, cayenne, a touch of chipotle, and dried spices.



Hawthorn City-Style Potato Rub
Explosive and hot and delicious mixture of cracked pepper, garlic and mustard. Perfect for burgers, steaks, chops, or any meat (your grill, broil, or bake).



Molasses Bar-B-Q Spice Rub
A Texas favorite. Molasses flavor blend of barbecue and bringing out the great taste of barbecue with its helping of paprika, onion, and garlic flavor.



Cajunian All-Purpose Barbeque Seasoning
Take Kansas City or New Orleans barbecue flavor and add a touch of cajun. This blend works on its own, or you can add it right on any meat.



Biloxi Brothers Blackened Fish Seasoning
Discover the unique, smoky taste of the Gulf Coast. Spicy and natural, and great for fish (and any meat).

Photo credit and source: www.finecooking.com



A Hint of Rosemary

They're more than just a garnish, but more important, rosemary skewers add a smoky flavor to your kabobs. The rosemary grilling technique is a welcome complement to lamb, chicken, veggie skewers, and fish kabobs, and with other seafood and vegetables.

Rosemary skewers are available in the barbecue section. Deposit the meat skewers, and with wooden sticks or kabob sticks, that are broiled or soaked on an indoor grill. Soak the skewers in cold water for about an hour to prevent them from burning. To broil, it's easy to insert the skewer. First place the skewer or vegetable with the tip of a metal skewer or directly on skewering the rosemary. This is the safety and grill in use. These are prepared for campfire.



(GRAB THESE GADGETS)



Juicy Shot
This 8-ounce HD glass is perfect for holding anything that needs to be separated. If you're not grilling big enough to share from your friend's food, this big, bendy gadget can help. Just enclose the grill basket, insert half of the Weber and parts like handles, tongs, lighter, etc. You'll still have room for meat, like hamster-sized steaks. The interior has a non-stick, removable and 8-second clean blade.



The Fiber Strainer
Rinse your kitchen tools for fresh chopped herbs, rice or even dried lentils just quickly and easily. This 100% cotton strainer has a sturdy stainless steel frame to hold it upright and won't melt or warp in a freezer.



Steel Game
It's easy to easily delight at passing mouthfuls from neighbor to neighbor. Though it's hard to hold the oyster knife, you'll be ready to eat with the oyster knife and escort the chunk of oyster meat between the shell blade between the shells. Then hold the knife for your oysters much easier and say, "Here's the fresh oysters I prepared for you!"



Garnish Up
Some claim checkers say their secret is to remove the plates for at least 15 minutes before taking them out of their respective boxes. This took them about 10 minutes. As the oven warms, the will open slightly. Then just slip in the stems before the blossoms and petals will burst and reveal the soft gray handle to open the petals. To get the petals to open, be sure to open the stems over a bowl.



Shine Developer
Want a way to make short hairs of polished and shiny-looking hair? This little tool tackles the job in one step, without any harsh polish. Just add a few drops of water to the head and hold the sponge in one hand with the base touching up. Then you'll be able to polish the hair quickly and easily through the body until the shiny hair is achieved.



Rubber Matting
This coconut shell-derived silicon coating freshens up your shiny hair quickly applying with just a few drops. Make it last by rinsing it with water whenever you're using your blow dryer or straightener or flat iron. The silicon coating will stick to your hair and will come off the brush whenever you're free.

*Read reviews and purchase at www.throughtheglass.com

No Heat Required

A broader round of summer is the time of the calendar's last-plate-of-heat fest. But if you have to wait until it's time to cook, try some heat you can't without heating water. Here's how you know: You keep taking a pitcher of water to the bridge and it just doesn't heat. If you know the full flavor of summer is a look for the Labor Day barbecue season has not passed just yet, here's a secret: Go to Gourmet Seasonings. Choose from blueberry, lemon, peach, and raspberry flavorings. Just heat is required.



Great Bag Innings

And innovation this fall: barbecue with a side of ribs, from our barbecue barbecue ribs. This mouthwatering side is a colorful combination of classic ribs around the barbecue sauce, including tiny black molasses, peach barbecue, and barbecue cocktail onions others. The barbecue could also include baby marinated mushrooms and fresh mozzarella. Look for these flavors in our Gourmet and round out your meal with a pitcher of beer.



Fish Stories

Hannaford's seafood kingfish has some fresh answers about the treasures of the sea.

BY JONATHAN FINE/FOOD PHOTOGRAPH BY DAVID SONTZ

Seafood is especially easy to the tongue when we were little. But our fish expert speaks with **Berry Harrison**, whose job as Seafood Category Manager puts him in charge of the seafood Department in all Hannaford stores. Here the leaders have tips on buying, storing, and cooking seafood.

Buying Seafood

First things first: Here's how to tell when fish is fresh:

It should look red and smell fresh. For example, haddock or cod fillets should have a very clean, with no ragged or yellowed edges or ammonia smell. You can't fake bad fish.

What's the difference between fresh and previously frozen seafood?

It's the way the product is caught and handled. When long-line fish is caught, the whole fish is immediately cleaned and frozen within two hours at a big processing plant. The frozen fish is brought into Portland, Maine, and when we ordered by the store, it's thawed and sent to fillets. Fresh wild fish has been and has never been. On the other hand, it could have been caught in the beginning of a 12-day fishing trip. Then it's sent to ship it to the retail store. So really, which is fresher?

What's the difference in flavor between wild and farmed salmon?

Farm-raised fish are raised in pens and don't have to be raised in a controlled environment. Wild fish is a different story in the ocean, so the flavor will vary a bit.

Many people are concerned that fish farming might be harmful to the environment. What's your position?

There's a lot of bad information out there,

Storage: Seafood

On sunny days, my car heats up while I shop. To make sure my seafood reaches home in good shape, I've discovered: bags are less likely to leak, and if you pack the bag in that sensible or reasonable?

Temperature is the most: If your ride home is less than a half hour, you're all set. If it's longer, just ask, and we'll gladly give you ice for your fish.

How long will fish stay fresh in the fridge?

We recommend refrigerating fresh fish no longer than 18 hours. If you know you won't be using it the next day, though, it

can safely keep better than 36 hours.

Frozen fish do hold up better, like salmon, swordfish, and tuna.

What's it like previously frozen? This is freezing is an problem. Just make sure to defrost it at the fridge or in microwave, not on the counter at room temperature.

Cooking: Seafood

What's a good fish for barbecue? I have a friend that loves to barbecue and barbecue? Cook with a wild fish like swordfish on the grill—it makes people think of a wild.

Restaurants can have cooked very rare. How rare can it cook fish at home and be safe that it's safe?

We advise people to cook everything to 145°F.

How long will seafood leftovers last? Two or three days, easily.



whether we're wild or wild. Any possible negative aspects of farming are outweighed by the health benefits of eating fish and having a plentiful supply for consumers.

What's learned that about Hannaford's? Shrimp, salmon, and tilapia are big sellers, and we also offer codfish. Tilapia is the only species raised in enough volume, but there are experiments with other varieties.

What will give me the best value, Elliott? Steaks or a whole fish?

You will get the most for your money with fish fillets.

Kitchen to Kitchen

Sharing recipes — and enthusiasm for food — brings readers together.

THERMOPHILIC BACTERIA

as a request every cook loves! "Would you give me your reci-
pe?" And because good cooks are
typically generous, they are happy
to oblige. If you've found that share
my favorite recipes is a great way to
build your repertoire of delicious
dishes. "Food Lovers' Paradise"
will become one of the first sources
you turn to for fresh

The new department is dedicated to all those generous good cooks who are the skilled shoppers and cooks—“Food Lovers’ Parents”—in a place where readers can share recipes, insights about food and the art of living common to the leaders

"We hope you'll want to contribute your own favorite recipes. It's easy — just email frankie@frankiesbistro.com. For this issue, **Barney Kress** and **Lisa Scott**, two members of the Frankpledge family who clearly love cooking and eating, offer some of their favorite recipes.

Barney Karpas

George Washington

Like many good cooks, Ramsey quickly extrapolates that this has to be one of his customers' "The most important thing about cooking is the make something great," he explains. "You can take for yourself... or set out a night out of your garage a little, they taste the food, they're prepared and you know, almost immediately that you've done a good job."

Berry is especially suited to the three points of view. As a former Supervisor in the Forest Service, now in Franklin, Maine, he questions existing silvicultural policies and practices, sample stock problems.



While most of Barney's cooking involves creating the everyday kind to please himself and his partner, David, he loves to extend the range of taste that comes from preparing more elaborate meals for dinner parties and family gatherings. "I really cook for special occasions—because it's not what I exclusively do," he says. "It gives me the opportunity to try unusual dishes."

These sales benefit from through
retailers organizations which can also help
to shield. "I've always been fascinated with
foods from other parts of the world," he
says. "I'm especially fond of the cuisines
of India."

Be aware about ingredients like raw eggs and uncooked meat when preparing food.

final victory turns to nothingness. "Don't just read me," he advises. "Read the descriptions of techniques and read about the people too."

Burney says studying textbooks is also a great way to build your brain power with reading vocabulary. "I often like reading in math situations. In that the skills you learn, build on each other," he says. "Once you've mastered a specific technique, you can apply that to almost anything. If you can read a graph, then you can read a word chart."

With his willingness to leave new shells — and build on them by experimenting — Turney finds he can consistently earn more money. Not much. And for anyone who can do the same if they just take the time to improve. "You can grow new shells," he predicts. "You can't always be using those shells with different levels will increase."

Here are some of the simple *elements* recipes for a meal that a user bases on a general purpose table as it is cleaned up in the diagram:

中華書局影印

REFERENCES

ANSWER

卷之三

- 1) by fragmentation
- 2) True regeneration
- 3) Reg. cell or balloon
- 4) Reg. freshly ground fibrous paper
- 5) Reg. another leaves, washed and dried with a paper towel

24. carrots and parsnips, washed and cut into 2 to 4 pieces
 1 cup whole-grain rolls, crushed

1 Mix the carrots, parsnips, and salt and pepper in a small bowl.
 2 Sprinkle about 2 Tbsp. of crushed rolls over each roll and top each with a sliced grape and a spriglet of fresh mint.
 3 Arrange the kebabs on a platter and serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 180 CALORIES (20% CARBOHYDRATE, 10% PROTEIN,
 60% FAT) (NO SUGAR, 100% ENERGY, 100% VITAMINS,
 100% MINERALS, 10% FIBER)

GRILLED SUMMER VEGETABLES

SERVES 4

ACTIVE TIME: 10 MINUTES
 TOTAL TIME: 20 MINUTES

1/4 cup extra-virgin olive oil
 1 Tbsp. Harissa (see recipe, back flap)
 1/2 cup mayonnaise
 1/2 cup fresh lemon juice (about 1 lemon)
 1/2 tsp. finely ground black pepper or to taste

1 summer squash sliced lengthwise
 1 zucchini sliced 1/4 inch thick
 1 red bell pepper sliced
 1 yellow bell pepper quartered
 1 green bell pepper quartered

1 Preheat the grill. For more on how to do this, see "Get Ready Get Set: Grill Grilling," on page 12.
 2 When the grill is heating, whisk together the olive oil, mustard, soy sauce, lemon juice, and black pepper until emulsified.
 3 Brush the vegetables with the mustard sauce. Grill for 7 to 8 minutes, then flip vegetables over, basting with additional sauce. Grill another 7 to 8 minutes, or until desired level of doneness is attained. The summer squash and zucchini will grill more quickly than the eggplant, onions, and peppers, so remove to a platter and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 380 CALORIES (20% CARBOHYDRATE, 16% PROTEIN,
 64% FAT) (NO SUGAR, 100% ENERGY, 100% VITAMINS,
 100% MINERALS, 10% FIBER)

GOLDEN COUSCOUS

SERVES 4

ACTIVE TIME: 10 MINUTES
 TOTAL TIME: 20 MINUTES

16 oz. cup chicken or vegetable broth
 10 oz. dried or finely grated carrots
 10 oz. dried onions
 1 Tbsp. crushed garlic
 1 cup raw couscous

1 Combine broth, carrots, onions and garlic in a medium saucepan. Scatter over medium heat for 3 minutes.
 2 Add the couscous, stir, and remove from heat. Cover and let sit for 5 minutes. The couscous should absorb all the liquid. Stir to distribute the carrots and onions and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
 310 CALORIES (16% CARBOHYDRATE, 16% PROTEIN,
 68% FAT) (NO SUGAR, 100% ENERGY, 100% VITAMINS,
 100% MINERALS, 10% FIBER)



YOGURT DIP

MOROCCAN GRILLED SARDINES

SERVES 4

ACTIVE TIME: 40 MINUTES
 TOTAL TIME: 3 HOURS 40 MINUTES TO 4 HOURS
 40 MINUTES

16 sardines (about 16 to 18 each)
 1/2 cup extra-virgin olive oil
 1/2 cup lemon juice
 1/2 cup golden raisins
 1 Tbsp. crushed garlic
 1 cup raw couscous

1 Place the fish in a shallow baking pan.
 2 In a medium bowl, whisk together olive oil, lemon juice, garlic, paprika, cumin, cayenne, salt, and black pepper until completely emulsified. Drizzle over pan and refrigerate for up to 45 minutes.
 3 Place the remaining ingredients over the fish in the baking pan, and refrigerate for at least 3 hours, or overnight. Turn fish over to get flavor through漫透。
 4 Preheat the grill.

5 Grill the fish until the fish flakes easily (approximately 10 minutes per side).





ANSWER: **1000**

of Indonesia. Spread the mineral materials over the packed fish, and press everywhere

Like Barney, Lisa Wolf enjoys trying foods from many culinary traditions. "I love it that cooking can introduce you to a different world," she says. "Food says so much about people and culture. It can spark great conversations."²

Appropriately connecting people from different places is part of Bush job at Hexcelcor. As a Communications Specialist at the main office in Scarborough, Me., she works on the newsletter that keeps associates at all Hexcelcor locations up-to-date on company news.

Before coming to Illustration, Lisa worked for a food industry publication that covered government studies. That really sparked my passion for food," she says. "I had a chance to travel to other countries to see how foods like specialty cheeses are made. I began learning about the ingredients and working them out."

Low, parents responded by lifelong interest in reading. "My dad was from Denmark, which has an amazing literary tradition," she says. "And my mom has always emphasized the importance of growing healthy food."

In time, Liss will be buried. Casey looks back, seeing Casey in a casket. Liss is surprised to see someone with blonde hair, white gloves and blouse. The older woman says she has been away from her husband for a while, and she is coming back.

"They had a dark sweater like this but without the camellias," East says. She made some changes on top but kept "I love the silhouette of that sweater with the green and the camellias and the yellow flowers and the other ornaments. I like Madeline's sweater working in the ensemble when you don't want to take over the scene and can get focused back again."

Two reasons not keeping an open mind about combining Brewers and improving recipes. "I think to try your confidence in a recipe, you just take a handful and try each what you like," she says. "Open your mind to new flavors. You think about what you might change to make them more appealing to you. Once you are able to do that, it opens so many doors."

ANSWER

Less formal cooking with orange-colored lemons as the basis for Queen Calif's famous hot tubs (colored tubs) and the orange juice with

Digitized by srujanika@gmail.com

REFERENCES AND NOTES

- 16. caput rotundum
- 17. cap. rotundum, subtilis
- 18. cap. rotundum, rotundum
- 19. cap. rotundum, subtilis
- 20. cleavage, smooth, elongated
- 21. two, heavily rounded, blunt, pointed, *in line*
- 22. basal leaves, pointed, long-oval, slightly involucellate, basal three short,
- 23. proximal part of rachis with small, short, sharp, *in line* barbs

ANSWER QUESTIONS AND READ PAGES

1 ~~using OpenCV~~ Code for this application

Additional library-general block grants and loans will be made.

1. The water 1 cup of the oats and packed barley² was a large pot. Bring to a boil then reduce heat to medium. Simmer, stirring frequently, until barley is tender but always approximately 45 minutes. Drain well and let cool for 15-20 minutes, or longer if necessary.

2. While basil is cooking, combine olive oil, garlic, remaining ½ cup of the soft pepper and basil, stirring to combine well. Toss with toococino, olives and tomatoes. Let sit at room temperature for at least a half hour to allow the flavors to mingle.

3) Bag bushels until the tomatoes and green beans are ripe. Add salt and pepper of choice and serve. (Marley may be prepared 2 to 3 days in advance and will 2 days of age and refrigerated in a cool place).

www.yes24.com, www.kyobobook.co.kr, www.kkbox.com, www.melon.com, www.musicalbox.com, www.naver.com, www.yes24.com, www.kyobobook.co.kr, www.kkbox.com, www.melon.com, www.musicalbox.com, www.naver.com

1996-1997-1998-1999-2000



Mealtimes Solutions in Real Time

Hanfeoods newest choices are not the same old convenience food

BY RANDI STERK

If the team behind Hanfeoods recently released meal kit line is your weekday meals you have less time to cook, single and couples without children work long hours, and those with children both work and make sure the kids get them school so you have to leave. With little time to prepare many meals meal at the end of a long day it's no surprise that the demand for prepared foods that can be quickly heated at home has been constantly on the rise.

In the fast food-the-home world of the food industry specialists say the category of "home meal replacement" (prepared foods you can pick up at a restaurant or food market, then heat and serve at home) is increasing. The term was coined a little more than a decade ago but the concept of a hot and eat meal dates back more than 50 years to the early TV dinner. While the compact tray of frozen Salisbury meat, mashed potato, and gravy was strictly a popular novelty item, those hot and serve meals soon developed a less than stellar reputation adapting for no serious meal for home cooking.

Working to change the perception of prepared meals are Tony Kehuan, Director of Hanfeoods Fresh Food Manufacturing, and Carl Harten, Category Manager.

8 DELICIOUS DINNERS

The Hanfeoods Inspirations Fresh & Fresh

Caribbean line quarterly includes eight complete meals. Recently introduced: Chicken Southern Style, chicken teriyaki, Caribbean Mango Shrimp, and more. Stews: Vegetarian-Curry, Teriyaki Salmon and Jamaican Curry-Salmon. For more quick meal ideas and new choices go to www.hanfeoods.com.



for Hanfeoods' Prepared Foods. They've been working to develop varieties and solutions that are truly stamping themselves to home cooking. "We would like Hanfeoods to be more of a destination for all kinds of meal solutions, including meals customers might currently eat restaurants for," Kehuan says.

Hanfeoods' solutions in technology step up increasing. This past April, Hanfeoods introduced two new lines of meal solutions. The Hanfeoods Inspirations Fresh & Fresh. Online line, or online a la carte technology, now allows those that couldn't prepare a complete meal to be packaged successfully. The

Hanfeoods Fresh line of already cooked meals and sides takes advantage of packaging innovations that increase shelf life without added preservatives. "Whatever you put here to make your convenience meal will not spoil solutions," Harten says. Kehuan agrees. He observes, "These packages offer high quality based preparation foods that are as easy as takeout."

Made From Scratch

All the Hanfeoods Inspirations Fresh & Fresh Convenience can be frozen solutions or meal solutions in cable or a la carte meals.

The technology behind this product has been popular in several parts of Europe where it was devised by a French chef. He modeled the preserving clamp on the bacteria preserving power of the preservative value in bags of just-roasted coffee. The result is food that stays fresh for a longer package that both extends the shelf life and performs like a pressure-cooker meal from scratch.

The packaging also allows you to keep a complete meal refrigerated for several days. "The delicious meals are preservative-free and in their freshest state," explains Hauss. "It's just like preparing a meal from scratch."

Each Heinzfield Inspiration from Fresh Choice can be offering is effectively cooked to order. And each is a complete balanced meal: an entree with vegetables, and rice or pasta to add up to being delicious. Heinzfield Inspiration from Fresh Choice choices are healthful, made with the same all-natural ingredients you



"The delicious meals are preservative-free and in their freshest state. It's just like preparing a meal from scratch."

— GAIL HAUSS
CATEGORY MANAGER
PREPARED FOODS

THE TASTE TEST

The proof, as they say, is in the pudding—or potato casserole. In the kitchen, the taste of the chicken, the texture, the flavor of the vegetables, the texture, how convenient! I reproduce it. If it doesn't taste good, I don't want to serve it. So after working this out, I emerged several times

The smoothest soups from Fresh & Fresh
Signature meals.

"The first tasting I had that I was afraid to say before anything special came within five minutes of being my usual combination in the meal arena. Mouth-watering aroma of spices ruled the air. The next appearance was: After tasting the package set for a minute, I turned it upside down onto a plate for an eating presentation of just-popped chicken soup with a deep bright green perfectly cooked to consist. It tasted even better than it looked. More impressive still was the fact that it was not aged at all and it, too, had down the Fresh Choice and the Heinzfield Curry Salmon — even eating the accompanying vegetables because they liked the colors so much."

Right, so if you were making the dish yourself, but you don't need to buy the fish or chicken, chop the vegetables, cook the rice, or measure the sauce, it's all assembled and ready to pop in the microwave. The pressure-cooker technique keeps the flavor in the food, rather than letting it escape which means the less salt is needed to bring out the flavor. In fact, many of the meals qualify as low-sodium. Because no salt, and filling, yet the flavor seems to have

The cheeses and vegetables offering are delicious, but Baldwin is especially pleased with the fish — several natural types, from the Fresh Choice choices feature salmon or salmon. "Fish surprised me the most," he says of the recipe development process. "In the past, we've had the hardest time with fish. Literally, cooked fish generally stinks, either as well as a gross fish or

raw fish, for example. For this is a great system for cooking fish to doesn't dry out or get mushy — each bite is like eating with a great texture."

Final Options

Recooked packaged refrigerated meals are nothing new in Heinzfield. But since April Heinzfield has presented soups, family meals, and salads have been bringing busy cooks a new generation of packaged meal choices, thanks to advances in a technology called Modified Atmosphere Packaging.

Heinzfield is excited about the quality of this new line of products. "The sealed cabbage is awesome," he says. "We can seal fresh cabbage leaves, and they really retain their source. And the mix of ground beef and rice really delivers a home-cooked experience."

The latest in healthy eating, Hannaford has Hannaford Fresh Meals, featuring fresh fruits, herbs, and vegetables and extend the shelf life of the meals. "We can offer a wider, more colorful assortment of prepared vegetables," Hannaford says. With previous packaging, vegetables would not last as long. "We could never do global spans before," she adds.

Repackaged fresh meals and entrees will keep for days, in the refrigerator. "You can stock up for a busy week because they last so long," says Hannaford. Readability is optimum, as this is faster — there are 14 entrees and 18 meals plus four family-size meals. The

dual-method packaging allows for heating, as the main course is a standard oven and entrees can be ready to eat in fewer than 15 minutes.

Rabbitts note, "The暮 and match option allows a family to eat together without everyone sharing meal — the same option a restaurant provides."

Prices, however, are significantly lower than restaurant meals, something Rabbitts feel was important. The Hannaford fresh meals focus on more familiar market food offerings and range in price from \$3.29 to \$4.49, and entrees cost for \$5.

HANNAFORD FRESH CHOICES

The recipes for the Hannaford meals and sides are all new, with quality ingredients you'd eat if you had the time to make them home yourself. Here is a sampling of all that we have to offer:

Hannaford Entrees

- **Chicken Parmesan**: Freshly breaded with an Italian-seasoned tomato basil breaded and baked with fresh mozzarella cheese and Parmesan and Romano cheeses.
- **Ultra Moistened**: Fresh-ground beef, onions, and gravy, mixed with olives and several spices.
- **Ultrafrit Cutlets**: A mix of ground beef, breaded in flour and onions, breaded in fresh basil leaves, and simmered in tomato sauce.
- **Pot Roast**: Freshly braised potatoes, carrots, onions, and gravy, cooked in a beef gravy.
- **Supreme Parmesan**: Fresh slices of asparagus sautéed by a buttery mixture of sliced Parmesan and Romano cheeses, topped with mozzarella and parmesan.
- **Stirfry Teri-Plat**: Fresh strips of chicken, carrots, bell peppers, and onions sautéed by flavorful teriyaki sauce, with broccoli added in the just prior to serving.
- **Stirfry Teri-Plat**: A delicious combination of ground beef, onions, and carrots in a rich beef gravy, topped with fluffy mashed potatoes.
- **Pasta with Chicken and Broccoli**: Lightly sautéed pasta topped with grilled white meat chicken, broccoli florets, and red peppers.

Hannaford Sides

- **Green Bean and Potatoes**: Fresh-cut green beans with garlic, onions, and potatoes.
- **Butterflied Broccoli**: Seasoned with lemon juice and butter.
- **Pasta and Roasted Potatoes**: Fresh-cut pasta with sautéed white onions, broccoli, and Parmesan cheese.

The Hannaford Fresh choices line of fresh meals, with their unique names and preparations, appeal to a slightly more adventurous palate at \$5.99 for a complete meal. A comparable meal in a casual dining establishment, Rabbitts says, would cost \$10.99 to \$11.99. "In the market, we want to keep it affordable," he says.

"We care about our customers," Hannaford continues. "We want to give them options. With Hannaford Fresh choices that fit Fresh Choice and Hannaford Fresh meals and sides, we hope we can help ease their busy lives." ■

- **Garlic Garbanzo**: Sautéed garbanzo beans and carrots with garlic.
- **Creamed Spinach**: Freshly sautéed in a light cream sauce seasoned with Parmesan and Romano cheeses, with a touch of nutmeg.
- **Roasted Tomato and Chicken Tortilla**: Fresh tomato tortilla and chicken, topped with fresh sliced tomatoes and Mozzarella cheese.
- **Beef Fajita**: Onions and long green beans and beef seasoned with spicy fajita mix and onions.
- **Poultry Wellington**: White and wild bread topped with scalloped onions, and mushrooms, with sautéing.

Hannaford Family-Size Entrees

- **Baked CHI**: Baked in a savory tomato basil marinara cheese, Panko, and chicken (sausage). Panko mixed with sweet chicken, tomato, mozzarella and Parmesan cheeses, tomatoes, onions, and a touch of red pepper flakes.





Kumquat Mayo
— recipe by Scott Price —

Picnic

We've got your picnic covered, from menu ideas to beverage tips, and salad assembly to sandwich preparation

Primer

There's something about eating a meal outside that makes the food taste that much more delicious, whether it's arranged on a beach blanket, a park bench, or a picnic table in your own backyard. It's intriguing to open a basket, cooler, or bag full of wrapped goodness, and relax while sharing sandwiches and salads in the warm summer air.

Pack Your Basket!

If it's going to be longer than one half hour below you can be sure to pack all food in a cooler with frozen ice packs or frozen bottles of water to keep your food at the proper temperature. For an easy dessert, finish the meal with fresh blueberries or cookies.

Salad Days

Salad salads made with potato, potato or beans are perfect picnic foods. They are easy to pack in plastic containers and transfer to paper plates. The salads on the following pages offer a nice balance of starch and veggie. Larger salad bowls add a pleasing touch of green and crunch to the meal. The

classic potato salad is enhanced with color from red bell pepper and sweet onions and when beans are balanced with the deep green of fresh broccoli.

Meals at Hand

Sandwiches are among our favorite when it comes to hand-held meals. A ham or lunch meat sandwich is better than that sandwich for food packed up in the suitcase? Our Deli is filled with sandwich inspiring options, including all kinds of meat and cheese. More packed lunch, cold rotisserie chicken has also rounded flavor that goes well with smoky red peppers and creamy Jarlsberg cheese held together on a crusty baguette. Marinated

inspirations Roasted Pork, plus lettuce, the bread—a sandwich marriage made in heaven. And vegetables and meat canister aside will leave the hard-boiled eggplant skins wrapped with lettuce and sprouts. Feel free to substitute other meaty veggies, spreads the advantage of sandwiches is that they're fast, flexible, fragrant, and always delicious.

Thirst Quenchers

It's hard to beat the open air appeal of classic picnic beverages like iced lemonade or iced herb-spritzed iced tea, but check ours first. For truly unexpected beverage choices add bottled water, canned soft drinks, or juice boxes to the cooler. (Plan on at least one beverage per person for a three-hour picnic.) Almost any beer will complement picnics. Food, first pitchers, light beers and softdrinks also are extremely popular. And for wine consider a lighter choice like a chardonnay or malbec— a dry red or even a pink now.



ROASTED BEAN AND CHEDDAR SALAD

ROASTED BEAN AND CHEDDAR SALAD
SERVES 4
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 45 MINUTES

Roasted cheddar pita provides a great base for a salad bowl, as well as a pleasant contrast to the crunch of sugar snap peas and the salty flavor of feta.

INGREDIENTS

- 1/2 cup light mayonnaise
- 1/2 cup reduced-fat mayonnaise
- 1/2 cup dill pickle
- 1/2 cup feta cheese
- 1/2 teaspoon ground black pepper
- 1/2 cup sugar snap peas
- 1/2 cup green beans

NOTES

1. In a large pasta-cooker, boil water for 10 minutes. Add green beans and cook until tender. Drain.
2. In a medium bowl, whisk together all the dressing ingredients in a small bowl. Set aside.
3. Toss the cooked beans and peas in a medium bowl. Add the sugar snap

peas, walnuts, and feta, and toss gently.

4. Add the dressing to the salad and stir to coat the ingredients. Serve immediately or refrigerate until needed.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
160 CALORIES; 10G CARBOHYDRATE; 10G PROTEIN;
100 MG (20% SATURATED); 10MG CHOLESTEROL;
10MG VITAMIN C; 10MG IRON

ROASTED PORK PICADILLO SANDWICHES

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 20 MINUTES

Take a break from ham and Swiss! These sandwiches are a snap to prepare, and they're absolutely delicious. Add some spicy field greens if you'd like a bit of zing in your sandwich.

INGREDIENTS

- 1/2 cup fresh mozzarella and chile
1/2 cup Swiss
- 1/2 cup sliced roasted red bell pepper

1/2 lb. ham-and-cheese or Roasted Pork
from the Deli
Fresh ground black pepper to taste
1/2 cup mayonnaise (dinner-plate
consistency)

1. Place the sliced mozzarella on paper towels to absorb some of the cheese excess liquid.
2. Using a sharp bread knife, cut the lettuce in half horizontally, creating two thin rounds. Layer the sliced pork on the bottom half. Then add the mozzarella slices and sliced rounds of ground pepper. Spread the mayonnaise on the inside of the top half of the lettuce.
3. Cut the two sides of lettuce apart. Using both hands, gently press down the sandwich. Slice the sandwich in half. Slice each half into two sandwiches. Wrap each sandwich individually and refrigerate until needed.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
470 CALORIES; 10G CARBOHYDRATE; 30G PROTEIN;
100 MG (20% SATURATED); 10MG CHOLESTEROL;
10MG VITAMIN C; 10MG IRON

ROASTED PORK PICADILLO SANDWICHES





WHITE BEAN AND BROCCOLI SALAD

SERVES 4

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 15 MINUTES

This salad is also called *white baby bean* salad. It's very versatile because the beans are great in either form and salt. This healthy side salad can easily be served as a vegetarian main course and can be prepared a day ahead.

INGREDIENTS

- 1 cup white kidney beans, rinsed and drained
- 1/2 cup marinated artichokes, drained
- 1/2 cup marinated olives, drained
- 1/2 cup fresh basil, washed with the back of a knife
- 1/2 cup red wine vinegar
- 1/2 cup extra-virgin olive oil
- 1/2 cup water
- 1/2 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- Fresh basil for pepper flakes

Method

- 1. Wash and drain beans; cut into 1-inch long pieces.
- 2. If it is not, marinate beans, drained and rinsed.
- 3. Add bell peppers, chopped.
- 4. Put all the dressing ingredients in a

blender or food processor. Process until smooth, about 12 to 15 seconds on medium speed, making sure garlic is completely crushed. Set aside.

- 5. Combine all the salad ingredients in a large bowl and toss with the prepared dressing. Refrigerate until needed.
- 6. Before serving, give the salad a good stir.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 300 CALORIES; 100 CARBOHYDRATES; 10 PROTEIN; 100 FAT (40% OF CALORIES); 1,200 MG SODIUM; 100 CALORIES

GREEN EGGPLANT WRAPS

SERVES 4

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

Wraps are perfect party fare. Take advantage of the prebaked and baked eggplant slices available at Whole Foods Market to build a super-vegetarian wrap. Substitute instead. Because adding extra fat to flavor-free regular barbecue is also delicious.

- 1. Large flour tortillas or roll-up breads (12 or 15 inches in diameter)



- 2. Olives, sliced tomato, hummus
- 3. Diced marinated artichoke
- 4. Marinated artichokes, baby spinach
- 5. 1/2 tsp. kosher salt
- 6. 1/2 tsp. freshly ground black pepper
- 7. Three Marinated Artichokes Greek Salad Dressing with Feta and Black Olives
- 8. Baked or baked eggplant slices (about 12 or 15 from the ball)

1. Place two 12 by 15-inch squares of foil or waxed paper on your work surface. Place a tortilla on each square.

- 2. Spread the hummus between the two tortillas, spreading it in the center of the bread. Leave a 1/2-inch border around the edge of the wrap. Continue building the wrap by dividing the marinated artichoke, spinach, salt, and black pepper between the two tortillas.

3. Drizzle the dressing on each wrap then top with the eggplant slices.

- 4. Fold in the sides of the bread, then roll from the bottom up to make a neat closed wrap. Wrap ends sandwich tightly in the foil or waxed paper. Refrigerate until needed. To serve, cut each wrap in half.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 300 CALORIES; 100 CARBOHYDRATES; 100 PROTEIN; 100 FAT (40% OF CALORIES); 1,200 MG SODIUM; 100 CALORIES

SWEET PEPPER AND ONION POTATO SALAD

SERVES 4

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

This hearty salad is a fresh alternative to mayonnaise-based salads, and it can be made a day ahead and refrigerated until needed.

- 1. 16-ounce Yukon Gold potatoes
- 2. 1/2 cup extra virgin olive oil, divided
- 3. Marinated sweet onions, half from Ball, 1/2 each long strips
- 4. 1/2 tsp. kosher salt
- 5. 1/2 tsp. freshly ground black pepper
- 6. 1/2 tsp. dried thyme

- 1 yellow bell pepper, cut into thin 1-inch-long strips
- 1 orange bell pepper, cut into thin 1-inch-long strips
- 1/4 cup plain low-fat yogurt or other yogurt

1. Boil the potatoes until just done (approx. 15 to 18 minutes). Drain and cool. When cool enough to handle, quarter each potato lengthwise and place on a large board or table.

2. In a large skillet over medium heat, add 2 Tbsp. of the olive oil, garlic, salt, ground pepper, and thyme. Cook and stir until the onion begins to soften (about 3 minutes).

3. Add the peppers, cook, and stir for 2 to 3 minutes or until the peppers begin to soften, but are not cooked through. Remove from the heat and add to the potatoes on the board to cool.

4. In a small bowl, whisk together the remaining 2 Tbsp. of olive oil and the vinegar. Drizzle over the salad and toss to coat. Refrigerate until ready to serve.

5. Before serving, give the salad a good stir.

approximately 2000 calories, 40g protein, 50g carbohydrates, 40g protein, 14g fat (4g saturated), 10g carbohydrates, 5g fiber, 10g protein



ROASTED CHICKEN BAGUETTE SANDWICHES

ROASTED CHICKEN BAGUETTE SANDWICHES

SERVES 4

ACTIVE TIME: 25 MINUTES

TOTAL TIME: 30 MINUTES

Everyone loves baguette sandwiches, so just right for a picnic. Pick up a cold rotisserie chicken on the deli case. If you don't have the time at the store to pull the meat from the chicken, an easy substitute is a pound of seasoned chicken breast from the deli, sliced, then:

1. Heated rotisserie chicken, sliced
2. 10 Sliced roasted red bell peppers
3. 1/4 cup plain low-fat yogurt
4. 1/2 cup finely diced onions
5. Tapenade
6. 1/4 cup shredded pepper (about 1/2 cup) dried and packed dry

1. Remove the skin and pull the meat from the chicken, set aside.

2. Using a sharp knife, slice the baguettes

almost through lengthwise (stop cutting just below where the bread is cut).

3. Spread the cheese on the bottom half of the baguette. Top with sliced onions.

4. Place the chicken meat on top of the bread, meat evenly distributing fat and skin meat. Sprinkle the site over the chicken.

5. Place roasted red peppers on top of the chicken. If any of the peppers are too large to fit the sandwiches, slice them into smaller pieces or fit.

6. Close the bread and gently press down. Using a sharp knife, slice the baguettes into sandwiches. Wrap and refrigerate until ready.

approximately 2000 calories, 40g protein, 50g carbohydrates, 40g protein, 14g fat (4g saturated), 10g carbohydrates, 5g fiber

Kimberly Mayes runs *WOW! Delights*, a recipe development company in Atlanta. She has co-authored four cookbooks.



Buzz in the Aisles

Customers are talking about Hemingford Inspirations products

It's been a busy year since the Hemingford Inspirations line of delicious products debuted last June. In fact, you may have noticed those products with the Hemingford Inspirations label are filling up more and more shelf space. And it's not hard to figure out why.

For one thing, every Hemingford Inspi-
rations product is made from the same
ingredients you would choose if you were
making it at home. And you don't have to
go searching in specialty shops for hard-to-
find ingredients.

We also offer many interesting
flavor combinations in all our fresh foods
from produce to condiments, to prepared
meals, and everywhere in between.

And we're backed by the results. After
all, we think the best way to express our
enthusiasm about flavor and our passion for
food is to come up with new ways for you
to enjoy food.

Judging by the buzz we've been hear-
ing from food shoppers, we're succeeding.
You're telling us that Hemingford Inspirations
products have been flying off in these
months, inspiring you to pick up something different — or to discover a new taste or an old
favorite. Here are some of your comments
and questions:

COMMENTS FROM CUSTOMERS

I love your Hemingford Inspirations Honey-
crisp Cheddar Cheese — a very good
quality product. Do you carry any anderen
honeycrisp cheeses that comes in a block?

GRETCHEN SCHWARTZ
Brentwood, NY

Bob: The cheese comes in a block for slicing or
as a service cheese, and our deli associates will
gladly cut you a large chunk if you request, and
of course I love Hemingford Inspirations Honeycrisp



Cheddar you may also like: when you visit
us in the Specialty Cheese section, look for
Munster, Gruyere and "Tunney's" Fancy
Honeycrisp.

It's really great to see your new Hemingford
Inspirations line. They are great products
but you need to demonstrate more
of the new items. I am used to many of the
seasonings. However, members of the older
generation like my mom are not used to
very futuristic to buy.

JAMESIE BEEBROOK
Manchester, NH

Bob: That's a good point, Jamesie. We agree that
when shoppers try a new Hemingford Inspirations
product, they will like it. So every June
we've been offering sample tastings in some of
our stores. Ask for a sample of any of the new
and classic items in the Deli or in any store, and we'd
be happy to sample more Hemingford
Inspirations products at your local store.

I wanted to comment you on your new
Hemingford Inspirations line, including the
deli items. I always had shopped for all my

groceries at your stores except for the deli
meats, and I am enjoying your new line. Do
any of them contain MSG?

HAROLD WILCZER
Brentwood, NY

Bob: You can enjoy Hemingford Inspirations
deli meats with confidence that they contain no
MSG — or preservatives.

I am a Hemingford Inspirations fan!
Especially like the lunch and sandwich
to the Steak House Marmalade and Honey
Ginger Collating Jam.

DAVID AUSTIN
Scarborough, Maine

Your Own Inspirations

We'd love to hear what you think about
our Hemingford Inspirations products.
May we? You've discovered a few like me
in our role of "Bob" or "Beverly" (or
with a combination of the two).
Please tell us about it by writing
to [HemingfordInspirations.com](http://www.hemingfordinspirations.com).



BY TINA MELLER

Photographed by Scott Peterson

Photo: Scott Peterson

SCALLOPS, BURGERS, STEAKS, VEGETABLES:
GRILLING GIVES EVERYTHING THE TASTE OF SUMMER

Get Ready, Get Set, GET GRILLING!



With beautiful long days and warm nights, our minds are casting off the indoor grill.

Fixed Up

Grills don't need to be elaborate to serve up great food — even simple barbecue carts and kettle "burgers" The fun is in cooking outside while enjoying the flavor and delicious flavor.

In progress: a charcoal grill option the vents on the bottom and make a small pile of charcoal. Turn the fire with lighter fluid (or the propane tank off before putting food) or a charcoal chimney. When coals are grayish white (about 15 minutes and you are held your hand 3 inches above the coals for only three to four seconds. The fire is medium hot and ready. Preheat a gas barbecue grill following the manufacturer's directions.

The most important grilling lesson is fire — and lots of it. When the fire is hot, it will cook the outside of the meat, fish

or vegetables. Keeping the delicious pieces inside of the grill is not hot enough the food will be dry.

Once the grill is heated, meat cooks well for longer than colors. The center needs to be browned on the edges. Meat and firm fish, such as swordfish, should stay on the hot pan. Vegetables and more delicate fish should stay low, but then be quickly moved to the hot fire area to finish.

In order to give food space to cook. The more crowded the grill, the more chance it has to cool down.

Timing Is Everything

The key to a good grill is timing. Make sure all the food preparation is completed in advance so that when the grill is ready you are too.

Keep food mind so that you can easily move a around on the grill. Thin vegetables or hard colors in a bowl with a brush or in a spray bottle or aerosol can. Be careful not to over oil the food, as too much oil could cause a flare up.

Is It Ready Yet?

Have no hand an instant read thermometer to ensure that your meat is cooked safely. The U.S. Department of Agriculture recommends that you cook sirloin to an internal temperature of 145°F, ground meat (beef, veal, lamb, and pork) to 160°F, steaks and roasts should be cooked to an internal temperature of 145°F for medium rare, 165°F for medium, and 170°F for well done. poultry should be cooked to an internal temperature of 165°F for boneless meat and 180°F for whole birds. Store leftovers in the refrigerator or well covered, within two hours of cooking.

Beverage Basics

Grilled foods can range from delicious seasoned fish to biting snakes. so beverage pairings can be just as varied. A tall, fizzy red wine, like a merlot or Syrah, goes well with grilled meats, as does a heavy-bodied white pinot. White wine and lighter, citrusy wines are good complements for grilled seafood and vegetables.



GRILLED FLANK STEAK AND RED ONION WITH WATERCRESS AND GOAT CHEESE SALAD

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 1 HOUR 10 MINUTES
(plus 1 hour marinating)

Flank steak is a long, thin cut of beef with lots of flavor. It needs a lot of tenderizing, so marinate this in a simple marinade.

- 1 Tbsp. Marinated Basil Thyme (31 Recipe #102)
- 1/2 cup olive oil
- 1 Tbsp. balsamic vinegar
- 1/2 tsp. dried marjoram
- 1/2 tsp. dried oregano
- 1/2 tsp. freshly-ground black pepper
- 1/2 tsp. sea salt
- 1 red onion, peeled and quartered, with the root end intact so that the quarters keep their shape (optional)
- 1 hot red bell pepper
- 1 bunch of 11-Herb Lady's Mantle (see sidebar, big green sprig)
- 4 oz. goat cheese, room temperature

1. In a small bowl, combine olive oil, basil, vinegar, marjoram and black pepper. Mix well. Pour marinade into a large flat baking pan.

2. Add flank steak and quartered onions to the pan. Turn meat and onions thoroughly with the marinade. Set aside to marinate for at least 30 minutes at room temperature. If preparing in advance, cover the pan with plastic wrap and refrigerate. Do not marinate for more than 24 hours. Remove flank steak, cover at least 20 minutes before grilling, to make grilling more efficient.
3. At least 20 minutes before cooking the steak, prepare the grill. When the grill is hot, spray or brush with vegetable oil.

4. Remove steak and onions from the marinade and place on the grill. Season the steak and onions with oil. Handle the onions carefully to keep the quarters intact if possible. Turn once after about 3 minutes, continuing to turn until they look slightly opaque. Grill meat for about 4 to 5 minutes, until well marked, then turn and grill another 4 minutes. To cook meat to 145°F, flank steak is best served medium.

watercress, flank steak will be tough.

5. While steak is grilling, shave watercress among four plates.

6. Remove meat and onions from grill and let rest on a cutting surface for 1 minute.
7. Slice meat diagonally with knife at a slight angle. Top slices on top of the watercress. Top with onions and crumbled goat cheese and serve.

WATERCRESS: *Watercress* (Nasturtium officinale) is a leafy green with a peppery, citrusy flavor. It's often used in sandwiches or salads, or as a garnish for soups, stews, or fish.

ANGEL HAIR PASTA WITH GRILLED LEMON-BASIL CHICKEN

COPPER KIDS

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 45 MINUTES

Bright summer vegetables and grilled chicken enhanced with a light, lemony basil vinaigrette, tossed with pasta, is a great meal for family or guests at a dinner party.

Note: Bamboo skewers make grilling cherry tomatoes much easier.

- 1 clove garlic
- 1 cup fresh basil leaves, packed tightly
- 1/2 Tbsp. fresh lemon juice
- 1/4 cup extra-virgin olive oil
- 1/2 tsp. salt
- 1/4 tsp. freshly-ground black pepper
- 1/2 lb. chicken tenders
- 1/2 cup asparagus, washed cleaned with woody stems removed
- 1 medium summer squash (about 1 lb.) halved lengthwise
- 1/2 cup angel hair pasta, thin spaghetti or spaghetti
- 1 pint cherry tomatoes

1. Place garlic in a food processor or blender and pulse a few times. Add basil leaves and pulse until chopped about 30 seconds. Add lemon juice and pulse until mixed, about 30 seconds.

2. With the processor running, slowly add olive oil until mixture is finely puréed. Add salt and pepper and pulse just to mix.

days, until the about 1 cup of vegetables. Set aside. The vegetables may be prepared up to four days in advance. Store refrigerated in an airtight container.

1. Prepare grill:

2. While grill is heating: combine chicken tenderloins with 2 tbsps. of vegetables in a medium bowl; set aside.

3. In a separate bowl: mix asparagus and squash with 1 tbsps. of vegetables.

4. Prepare pasta: on the stove top as directed on the package.

5. While pasta is boiling: spray or brush grill with vegetable oil. Place chicken on the bottom part of grill and asparagus and squash on the upper part. Turn chicken and vegetables after about 3 minutes.

Asparagus will become a deeper green as it cooks. (If another 4 to 5 minutes need more as needed though) and vegetables have darkened in color.

6. Thread cherry tomatoes on skewers, and

place on grill. Cook about 1 minute until they begin to cook; remove immediately to a plate.

7. When vegetables are done: remove to a cutting surface. Slice squash into half moons about 1/4 inch thick. Cut asparagus stalks into short 1 to 2 inch pieces.

8. When pasta is done: cooking, drain in a colander and transfer to a large bowl. Set aside. Then, chop/grate cheese into pasta with the remaining vegetables. Add the grilled chicken, squash and asparagus and tom.

9. To serve: divide pasta into four bowls. Remove cherry tomatoes from skewers and place on pasta, then drizzle the last bit of vegetables over the top.

Approximate nutritional values per serving:
1600 cal., 44 g protein, 100 g carbohydrates, 66 g fat (40% total), 16 g fiber, 12 g fiber, 17 g protein.



CLINT AND TONY

SERVES 4

1 lb. (1/2 kg.) all-purpose pasta

1/2 lb. (225 g.) ground chuck

This meal will satisfy both meat and seafood fans.

Lemon Butter

1. 1 cup (8 fl. oz.) melted butter
2. 1 cup fresh lemon juice
3. 1 tsp. grated lemon zest
4. 1 tsp. salt
5. 1 tsp. freshly ground black pepper

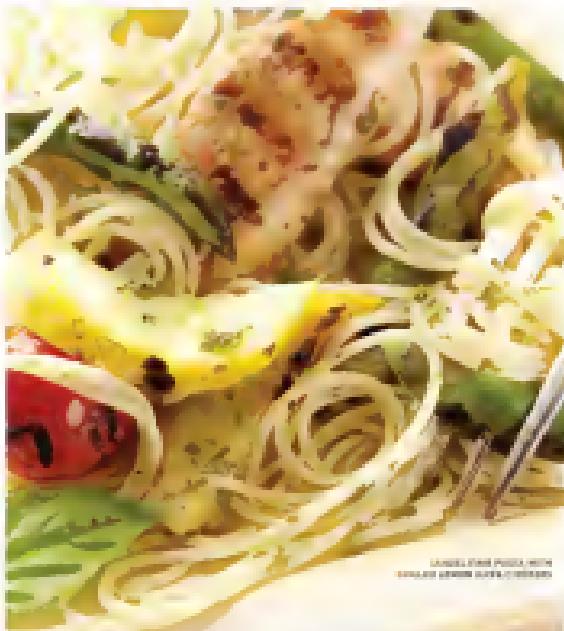
Summer Fun

1. 16 oz. pasta shells, cooked until just al dente
2. 1 lb. (450 g.) salmon, marinated overnight
3. 16 oz. new red potatoes, cut 1/2 inch (12 mm) wide
4. 2 Tbsps. olive oil, divided
5. 1 tsp. salt
6. 1 tsp. freshly ground black pepper
7. 1/2 lb. (225 g.) ground chuck
Rely on your

1. Prepare grill:

2. In a medium bowl, pour over a medium bowl, mix the butter. Remove from heat and add the lemon juice, lemon zest, salt and pepper. Set to cool. Pour about 1/2 cup of the lemon butter into a smaller bowl or use for grilling the salmon. Reserve remaining lemon butter in the pan.

3. Place potatoes in a 2-quart microwave and cover with cold water. Bring potatoes to a boil over high heat and cook uncovered about 10 to 15 minutes until they are be-



LAWRENCE STONE PASTA WITH
MARINATED CHUCK AND VEGGIES

quickly presented such that the tip of the beaker is a mirror and not a wedge.

4. Lay scallops on a platter and brush both sides with marinated lemon butter. Set aside.
5. Brush marinade with 2 Tbsp olive oil and rub oil and pepper on one side of each scallop. Place scallops, seasoned side up, on the grill. Turn scallops after about 4 minutes when well marked. Scallops will take about 6 to 8 more minutes to cook.
6. When scallops are nearly done, place scallops on grill. Grill scallops about 2 minutes on each side. Be gentle when turning scallops, as they are especially tender. Remove cooked scallops and scallopines platter.
7. Heat remaining 1 Tbsp of olive oil in a small pan. Add the Spanish and rock salt and let butter melt for about 2 minutes.
8. To serve, slice storia diagonally across the grain and divide among four plates. Dot a portion and place a line of scallops among the plates. Drizzle remaining lemon butter over scallops and portion.

Appropriate management requires the following three elements: (a) determination, (b) motivation and (c) the necessary financial resources. I believe all three are present.

SHOOTING WITH GUN
TOWARD 5:45 A.M.

1000

ANSWER

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Choose a new classmate for each group.

100

- 1. In September, states and cities experience
fall-back period
- 2. High crime on street
- 3. High incidence of robberies
- 4. High rate home break-ins
- 5. High uncollected trash
- 6. High uncollected trash
- 7. High uncollected trash
- 8. High uncollected trash
- 9. High incidence of break-ins

111 of 111

3. Data analysis

- 1 Two-chopped fresh cilantro leaves
- 1 clove garlic, finely chopped
- 1/2 tsp salt
- 1/2 tsp finely-ground black pepper
- 1/2 lb all-purpose fish fillets

Answers and

10. To make the sides, lightly brush some chips and shadow with 1 Tbsp. of the above oil. Place on grill so the skin begins to char and the inside of the tortilla turns a mottled green. The outside of the tortilla should be charred about 3 minutes. Be careful not to burn the tortilla. Turn the shadow as well after 2 to 3 minutes on a side.

11. Place grilled shadow in a food processor and pulse until it is chopped. Quarter the corn cobs. Open the lid of the processor and add the piñon nuts, habanero, cayenne, and water. Grind the shadow, cilantro, habanero, piñon nuts, and cayenne. 1 Tbsp. oil is also. Pulse until chopped. Salt should be checked and added.

Alternatively, wash the shallots and place in a medium bowl. Gently chop the tomatoes by hand and mix with the shallots, balsamic vinegar and white vinegar, chopped cilantro, parsley and pepper and remaining 3 Tbsp. olive oil. Mix to combine and set aside.

- To prepare the fish, remove skin, oil, exterior pelvic fins, and prepare it in a usual head. Remove a few pips. Add crushed crushed seeds and seal both sides.
- Place marinated on grill. Grill for about 4 minutes and flip. Then grill for another 2 minutes depending on thickness. When marinated is done a knife can easily penetrate the fish.
- To serve slice the marinated uncooked boneless skinless and bone with sides.





LAMB-STUFFED LAMB BURGERS

MAKES 4

ACTIVE TIME: 10 MIN.; TOTAL: 10 MIN.

PREP: 10 MIN.

These delicious burgers don't need to be marinated or breaded. The lamb cheese provides a burst of flavor.

- 1/2 cup feta cheese
- 1 lb. ground lamb (bison or 1/2 lamb, 1/2 beef)
- 1 clove garlic, finely minced
- 1/2 tsp. dried oregano
- 1/2 tsp. ground black pepper
- 1/2 tsp. ground fennel
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper
- 4 hamburger buns or brioche rolls (optional)

- 1 Prepare the grill.
- 2 Mix the feta cheese, ground garlic, dried oregano, and fennel root in a medium bowl.
- 3 Divide lamb into four portions and shape into thick burgers. Make a well in the center of each burger. Place one quarter of the feta cheese mixture in the well when making the meat around it so that the mixture is in the middle. Repeat with each portion of ground lamb.
- 4 When grill is ready, lightly brush or spray vegetables oil on burgers and set them on grill. Sprinkle with salt and pepper, and grill for about 3 to 4 minutes, and well cooked. Gently press down on burgers before turning. Grill another 3 to 8 minutes, depending on thickness. Burgers

should be served medium or medium rare but should reach an internal temperature of 160°F. The cheese needs to melt and be warm though. Let the burgers rest, covered with foil, for about 3 minutes before serving.

- 5 To serve, place burgers on buns, if desired, or directly onto plates.

ACTIVE TIME: 10 MIN.; TOTAL: 10 MIN.

PREP: 10 MIN.

GRILLED PORCINI, LAMB CHUCKLE BURRACHETTA

MAKES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 40 MINUTES

Capacino usually releases very slowly, cut beef or lamb. This is a great vegetable version made with earthy portobello mushrooms caps, which have a rich, earthy flavor. They're also delicious on salad and pizza. Grill several times, so they will keep about five days in the fridge.

INGREDIENTS

- 1/2 cup olive oil
- 1/2 cup fresh lemon juice
- 1 clove garlic, finely minced
- 1/2 tsp. marinated mushrooms (from Marinated Mushrooms)
- 1/2 tsp. salt
- 1/2 tsp. freshly-ground black pepper
- 4 portobello mushrooms, stems removed (about 1/2 lb.)

PREPARE

- 1 Prepare grill.
- 2 For the mushrooms-marinade, combine olive oil, lemon juice, garlic, marinated mushrooms, salt and pepper in a medium bowl. Mix well.
- 3 Lay mushrooms on a flat pan and pour

marinade over them. Gently toss mushrooms until completely, using a brush if necessary.

- 4 Carefully place mushrooms on the hot grill, top-side down. Grill for about 3 minutes, then gently turn and grill another 3 minutes, and turn the mushrooms down again. Let cook for another 4 minutes. Mushrooms will darken and shrivel as they finish. Remove from grill and let sit for about 10 minutes or until they cool to temperature. Mushrooms will give off a fair amount of liquid during cooking.

- 5 With a very sharp knife, slice the mushrooms very thinly at a slight angle.

- 6 Slice the lamb burgers into thick slices and place on grill for about a minute. Place two to three mushrooms slices on each slice of lamb. Transfer the slices to a platter. Drizzle the olive oil over the mushrooms. Sprinkle with the feta cheese and the herb and garnish. To finish, add a few ground-cayenne pepper.

ACTIVE TIME: 10 MIN.; TOTAL: 10 MIN.

PREP: 10 MIN.

Tim Miller is a master of Martha's Vineyard when she works as a private chef. She is the mother of Vineyard Harvest: A Year of Good Food on Martha's Vineyard.



cobblers, crisps, slumps, and fools

celebrate summer's bounty
with classic fruit desserts

by ellen helman
photographs by john kilian



Summer is the fruit lover's season — the peach and nectarine, mango, papaya, kiwi fruit and a variety of colorful berries. Many of these succulent summer fruits are destined for summertime desserts.

Over 400 Colonial times Americans have had a love affair with sweet fruit desserts. They are a simple, but elegant, addition to any dinner and look like other tempting ways to celebrate the summer here. The reasons for their beauty are even stranger — names may be murky but the visual similarities couldn't seem any greater for these about-the-composition of oversized fruits.

A crisp, also called a crumble, is a simple version of a pie. The fruit is cut — the fruit is placed directly in the baking dish and topped with crumbled, oversized dough that crags at the top in a basket. Cobblers, slumps, and dumplings are all based on a base of some light dough which can be made with milk, buttermilk, or cream along with butter or margarine that is cut into the flour

The "short" is shortcake when in this dessert, a grown-up version of the old used to make the biscuit-like dough. The way the dough interacts with the fruit distinguishes these desserts.

In a cobbler, spoonfuls of dough are plugged on top of the fruit as the finished product looks a bit like cobblestones. A postbox is another, except instead of filling, the dough is pressed down into the pan to break up the fruit.

A slump or grunt is made on the same top. The fruit is cooked and unmixed when dollops of dough are dropped into the baking dish like dumplings, making great-like names as they cook, because they are partially covered and baked. Slumps have a moreish, dense texture than shortcake, when the same dough is baked in an oven, they split open and top with fruit.

Lights and very fools have been enjoyed in kitchens with English roots for more than 300 years. Made by stirring equal parts of puréed, mashed fruit and whipped cream, this delectably indulgent dessert is truly heavenly — like fluffy, creamy ice cream.



ALMOND APRICOT CRISP

SERVES 8 TO 10

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 45 TO 50 MINUTES

The perfumed essence of almond extract is a natural complement to apricots, and the sweet tang of the fruit is balanced with a delectable, cinnamon-scented crumble almond streusel (a crumbly topping that's often a mix of sugar, flour, and butter).

INGREDIENTS

- 1 cup fresh apricots, pitted and sliced into 1/4-in. pieces (use 1/2 lb. or 24 oz. of apricots if home apricots desired)
- 1/2 cup almond extract
- 1/2 cup dark brown sugar
- 1/3 cup of cold, cubed unsalted butter
- 2 cups of all-purpose flour

Supplies

- 1 cup all-purpose flour
- 1 cup cold, cubed butter
- 1/2 cup sliced almonds
- 1/2 cup packed dark brown sugar
- 1/2 cup almond extract
- 1/2 cup cold cubed unsalted butter
- 1/2 cup sliced almonds

- Preheat the oven to 350°F. Lightly butter a 9-inch by 13-in. pan.
- Prepare the fruit. In a mixing bowl, combine the apricots, almond extract, brown sugar, and flour. Mix well. Transfer the mixture into the prepared pan.
- In a separate bowl, make the topping. Combine the flour, sugar, almonds, brown sugar, and cinnamon, stirring until evenly mixed. Using your fingers or the back of a spoon, mix the flour into the mixture until the mixture is crumbly.
- Spoon the crumb topping over the fruit until every bit of fruit is covered by the mixture.
- Bake at 350°F for 15 to 18 minutes until lightly browned and bubbly. Serve hot warm, or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: ONE 1/8-OUNCE SLICE (CONTAINS 100 CALORIES): 40 CALORIES FROM CARBOHYDRATE; 20 CALORIES FROM PROTEIN; 40 CALORIES FROM FAT. DIETARY FIBER: 1.5 G.

MIXED BERRY-CHERRY SHORTCAKE

SERVES 6

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 45 TO 50 MINUTES

Shortcakes are usually topped with fruit or a barely cooked fruit. These shortcakes were inspired by tarts, in which the fruit mists and custards are baked together to produce a flavored fruit custard sauce. For the custard, we prefer the light consistency of baking the dough into shortcakes.



PHOTOGRAPH BY ROBERT M. COOPER

FRUIT

- 1/2 cup fresh raspberries, stems removed, large berries sliced in half
- 1/2 cup fresh blueberries
- 1/2 cup fresh or frozen cherries
- 1/2 cup sugar
- 1/2 cup water
- 1/2 cup cornstarch mixed with 1/4 cup water

Lemon Shortcake

- 2 cups all-purpose flour
- 1/2 cup sugar
- 1 1/2 cups baking powder
- 1/2 cup flour
- 1/2 cup (lightly grated) lemon zest
- 1/2 cup cold unsalted butter cut into 1/2-in. cubes
- 1/2 cup heavy cream
- Whipped cream (optional)

1. Prepare the fruit. Wash 1/2 cup of the strawberries. Put the washed strawberries, whole blueberries, cherries, and cherries in a 2-quart saucepan.

2. Add the sugar and water, and mix well. Heat over medium heat until the mixture just begins to bubble. Lower heat slightly and simmer gently for 5 minutes. Add the cornstarch mixture and heat, stirring until custard custard bubbles about 1 minute. Remove from heat. (This mixture may be prepared in advance, 24 hours ahead, and refrigerated until needed. Return to heat to reheat before adding.)

3. Preheat the oven to 425°F. Grease a baking sheet or line it with parchment paper.

4. Prepare the shortcakes. Put the flour, sugar, baking powder, salt, and lemon zest in the bowl of a food processor, and pulse five times to mix the ingredients. Add the butter and pulse until mixture is the texture of coarse crumbs. Add the cream, and pulse only until the dough forms small clumps. Divide shortcakes with a food processor or with the flour, sugar, baking powder, and salt into a large bowl. Stir in the lemon zest. Cut in the butter, combining with your fingers until the mixture is like coarse meal. Mix in the cream until the dough starts to come together in small clumps.

5. Transfer the dough to a lightly floured surface and knead gently until the dough comes together and forms a ball. (Don't overwork the dough, or it will be tough.) Put the dough into a 1/4-inch thick rectangle.

6. Cut the rectangle in half, then cut each half into rounds. Place the shortcakes on the baking sheet. Bake at 425°F for 10 to 12 minutes until lightly golden. Transfer the shortcakes to a rack to cool slightly.

7. To serve, split each warm shortcake in half horizontally. Place the bottom half of each on a plate. Spoon the prepared berry mixture over the shortcakes. Add a small scoop of vanilla ice cream or custard, then top with the top of the shortcake.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: ONE 1/8-OUNCE SLICE (CONTAINS 180 CALORIES): 40 CALORIES FROM CARBOHYDRATE; 20 CALORIES FROM PROTEIN; 120 CALORIES FROM FAT. DIETARY FIBER: 1.5 G.



PEACH MANGO COBBLER

SERVES 4 TO 6

ACTIVE TIME: 30 MINUTES

FINAL TIME: 40 TO 45 MINUTES

This dessert showcases chunks of down-home peach pie with the tropical twist of mango, topped with crystallized ginger.

INGREDIENTS

- 1 cup packed, pilled fresh peaches, cut into 1-inch chunks (about $\frac{1}{2}$ lb), plus 1 peach
- 1 cup peeled, pilled fresh mangoes, cut into 1-inch chunks (about $\frac{1}{2}$ lb), plus 1 mango
- 1/2 cup, minus a crystallized ginger
- 1/2 cup sugar
- 1/2 cup all-purpose flour

TOPPING

- 1/2 cup flour
- 1/2 cup sugar
- 1/2 cup baking powder
- 1/2 tsp salt
- 1/2 tsp cinnamon
- 1/2 cup cold unsalted butter, cut into 1/2-inch cubes
- 1/2 cup well-chilled buttermilk

1. Preheat the oven to 400°F. Butter a 9-inch, deep dish pie pan.

2. In a mixing bowl, combine the peaches, mango, crystallized ginger and sugar and mix well. Add the flour and mix well, evenly around. Transfer the mixture into the prepared pan.

3. Prepare the topping. Put the flour, sugar, baking powder, baking soda and salt in a container in the bowl of a food processor. Pulse five times to mix. Add the butter and pulse until the mixture is coarse meal. (Or prepare topping without a food processor with the dry ingredients in a large bowl. Cut in the butter, combining with your fingers until the mixture is like coarse meal.) 4. Transfer mixture to a bowl. Add the buttermilk and mix gently until evenly moist. Dough should be soft, but not sticky. Don't overmix.

5. Shape dough by spoonfuls on the flour, leaving a bit of space between mounds for expansion. The crust should peak through.

6. Bake at 400°F for 25 to 30 minutes until the topping is golden and the fruit is bubbly. Serve warm.

APPROXIMATE NUTRITION: CALORIES PER SERVING: 417 (20% CALORIES FROM FAT). PROTEIN: 4.6G. CARBOHYDRATE: 78.4G. SUGAR: 26.4G. FIBER: 3.6G.

RASPBERRY RHUBARB PIE

MAKES 8 SLICES

ACTIVE TIME: 30 MINUTES

FINAL TIME: 40 MINUTES

Unlike the other fruit desserts in this book, the fool doesn't have a flour-based topping. But it does have rhubarb, ginger, orange

- 1 cup fresh rhubarb, cut into 1-inch-chunks (about 1 lb)
- 1/2 cup sugar
- 1/2 cup water
- 1 pint fresh raspberries (about 8 oz)
- 1/2 cup Raspberry Preserves (see Raspberry Preserves, page 186)
- 1/2 cup heavy cream
- 1/2 cup sugar
- 1/2 tsp vanilla extract
- 1/2 cup orange juice
- 1/2 cup water or buttermilk, for syrup

1. Purée the rhubarb in a 3- or 4-quart saucepan. Sprinkle with the sugar and add the water. Heat over medium heat until sugar melts, stirring occasionally. Lower the heat

and simmer gently until rhubarb is tender, about 15 minutes. Let cool.

2. Purée at least eight of the best-looking raspberries and set aside. Place the cooled cooked rhubarb remaining raspberries and raspberry purée spread in the bowl of a food processor or blender and puree. Transfer to a large bowl and chill completely. (The fruit may be prepared as much as 24 hours in advance and refrigerated.)

3. When the puree has chilled, prepare the whipped cream. In a large bowl, combine the cream, sugar and vanilla extract. Using an electric mixer, whip until stiff peaks form. Be careful not to overmix.

4. Gently fold the whipped cream into the chilled fruit puree, either completely or leaving streaks and swirls, for a more tie-dye effect. Spoon into eight individual dishes. Cover with plastic wrap and chill for at least an hour before serving.

5. To serve, place a handful raspberry or two on each dish, with a scoop of meat. Tuck a buttercrunch in the side of the dish.

APPROXIMATE NUTRITION: CALORIES PER SERVING: 414 (20% CALORIES FROM FAT). PROTEIN: 4.6G. CARBOHYDRATE: 78.4G. SUGAR: 26.4G. FIBER: 3.6G.

Ellen McHale is an author and teacher of The Unwritten, Certified school of cooking.



Going Gluten Free, Doing Dairy Free

Please the whole family with these tempting recipes

BY JENNIFER MORELL BURKE AND LUCY PRESTON PHOTOGRAPH BY JEFFREY M. STONE

Many people eat an restricted diets, and following these diets can be challenging. For example, an estimated one in 135 people in the United States suffers from celiac disease, also known as celiac sprue. Celiac disease is a genetic condition in which gluten — the protein found in wheat, barley, rye and other wheat grains

such as spelt and kamut — interferes with the absorption of life-nourishing nutrients. People with celiac disease must follow a strict lifelong gluten-free diet. And this diet can be challenging. Besides the obvious off-limits foods like pizza, pasta and bread, even soups, salad dressings, cold cuts and even top sellers can contain gluten, so they too must be avoided.

That's why you'll more find a growing number of truly gluten-free food products on the shelves at your local supermarket. You'll also see more dairy-free items. These dairy alternatives have increased in popularity as millions of Americans are experiencing allergies and intolerances to milk, cheese, and other dairy foods. If you're one of them, look for the many dairy-free offerings in mainstream stores, including soy milks, yogurt, dips, smoothies and spreads.

The first dishous and nutritious recipes follow — all gluten-free and dairy-free — were created with the whole family in mind.

CHICKEN AND AVOCADO TACOS WITH CORN MEXICAN RICE

SERVES 6

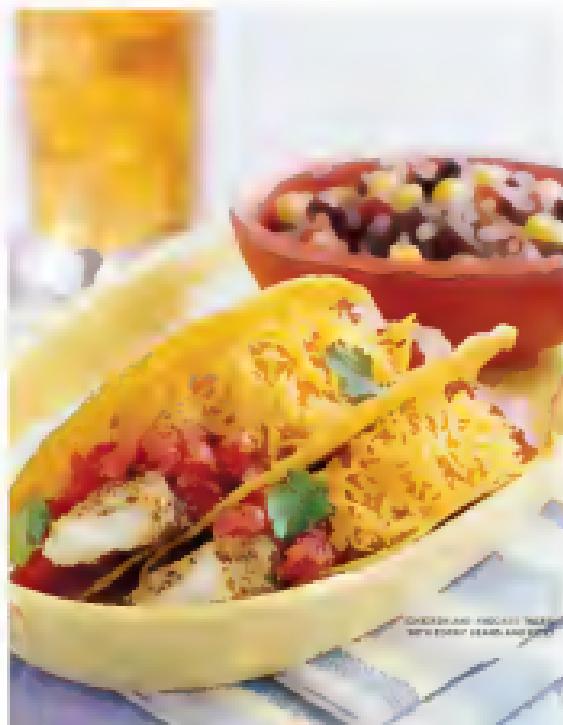
ACTIVE TIME: 30 MINUTES

TOTAL TIME: 65 MINUTES

Chicken coated with bread-crumb (gluten-free, of course) ground thyme, and seasonings like cumin and shall powder makes a flavorful filling for tacos. Top with dairy-free cheese and avocado — or anything else your family loves — and serve with our Corny Beans and Rice. Keep in mind the sodium content of canned beans varies.

Meat: Preheat and a nonstick breast to 400 degrees. Rub ground thyme or whole thyme, which you can easily ground by a coffee grinder, around ground breadcrumbs and the shredded mozzarella or your favorite cheese. They'll stick great at waffle cones.

To make bread-crumb rub, use slices of gluten-free bread and your favorite breadcrumbs and grind in a food processor or blender by hand.





1000

- 1 lb. ground chicken breast, tilapia
- 1 cup yellow rice from box of macaroni
- 1 cup ground fennel seeds
- 1 tsp. ground cumin
- 1/2 cup olive oil
- 1 egg, soft
- 1/2 cup whole wheat flour
- 1/2 cup whole wheat flour
- 1 large egg, soft
- 1 large shell (from a 1/2 lb. box)
- 1 cup Marinara from Country Fresh tilapia
- 1/2 cup dairy free cheese-cheese alternative shredded cheese (1/2 lb.)
- 1 medium onion (1 lb. onions)

1. Preheat the oven to 350°F.

2. Cut each chicken breast, tilapia into 18 to 20 strips. 5 min.
3. Combine the bread crumbs, fennel seeds, cumin, salt, pepper, and garlic powder.

and strain powder on a board. Place the egg at a separate board.

4. To baste the chicken, dip each strip in the egg, then coat well with the bread crumb mixture. Arrange on a baking sheet and cook until the chicken is done and the breading is golden brown, about 15 minutes.
5. While chicken is baking, prepare the Cucumbers and Rice.
6. About 3 minutes before the chicken is done, place the rice shells in the oven and bake according to package directions.
7. To assemble the salad, place rice in two plates, or children eat from each of 12 rice shells. Top evenly with salsa, cheese and one slice of avocado. Serve with Cucumbers and Rice.

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- 100% sugar water
- 100% salt
- 100% sugar/glycerine
- 100% Cane sugar
- 100% fruit juice (Kefir, Kombucha)
- 100% Fermented Vegetable (Kombucha, Kimchi, Saurkraut)
- 100% ground coffee
- 100% palm oil
- 100% organic cotton
- 100% oil or fat

It is a 2-part acronym: combine water and salt. Bring to a boil over medium-high heat. Once the water begins to boil, spread it out from a steaming cup at roughly around the acronym in parentheses. Do not stir.

8. When water begins to simmer again cover tightly and reduce heat to very low. Cook, without disturbing the rice or lifting the lid for 15 minutes.
9. Remove rice from the heat and let it cover for 2 to 3 minutes. Open the lid and fluff the rice with a fork. (There will be 3 cups of cooked rice. Rice may be prepared one to two days in advance and refrigerated until ready to use.)
10. Add the beans (do not drain), corn, olive oil, chili powder and garlic powder to the rice. Cook over medium heat just until heated through, stirring frequently.
11. Season with salt to taste, top with chopped fresh cilantro if desired, and serve.

INTERPERSONAL SUPPORTIVE RELATIONSHIPS AND MIGRATION DECISIONS: THE CASE OF AFRICAN REFUGEES IN SWEDEN

100% **Wool** 100% **Wool** 100% **Wool**

MOVIE 2

ACTIVE TIME: 30 MINUTES

TOPIC: THE 1960s

In India, the word *misnomer* means "big trap." And that's exactly what you get with the multi-tier school placement of medium courses, boxes, and gizmos free of those pesky

The sunnier vegetables add a certain lightness, and this soup also takes good just warm rather than steaming hot. For variety the other glasses have point shapes such as shells or diamonds.

Note: The amount of salt needed for the soap can depend on the sodium content in the brash used, and in the tannin source. Start with a small amount of salt and taste before adding more.

6. my dried glucose from a brown packet labeled 'no sugar'
7. Soap often in various oil solubility
8. large amounts, finely sliced (internal) 2 capsules
9. small amounts, finely sliced (internal) 2 capsules
10. sugar, no sugar = neutral
11. 100 mg tablet administered in 1/2 cup dried bran flakes and 1/2 cup, or 1/2 total
12. aqueous sucrose solution, but only 1/4 teaspoonful dissolved in water
13. 100 mg tablet crushed and dissolved in water
14. 100 mg tablet crushed, then organic tomato juice paste, water
15. 100 mg tablet crushed, dissolved in water, stirred
16. 100 mg tablet
17. 100 mg tablet crushed, then water

L. Cook the pasta according to package directions. While the pasta is cooking, heat 1 Tbsp of the oil in a large pot over medium-high heat. Add the onions, carrots, and zucchini, sautéing, and cook, stirring occasionally, until the vegetables are tender, about 2 minutes.

2. Add the remaining oil and the marshmallows, and continue to cook until the marshmallows melt, and serve in wafers. Serves 10-12 people.

3. When the gravy is done, add to the vegetable soup with the ham, tomato sauce, and beans. Season with salt and pepper to taste.

4. Using the steps in a local currency from local and green in selected towns

ПРИЧЕРНОМОРСКИЙ АВТОСАЛОН РУССКОГО

卷之三

ANSWER

www.ijerph.org

The full-blown flavor of *Acacia erioloba* is the high content of sweet-tartness in the robbery tree dessert. Tap soft and say yummie, tickled with cinnamon and cayenne pepper, it's a taste as delicious as anything possible.

- ② cape verde soy milk
- ③ 100% long fibres of medium
- ④ soybean
- ⑤ capricorn each
- ⑥ 100% cotton + alpaca by soy yogurt
- ⑦ soybean fiber, silk

- 1 In a blender, blend together the soy milk and sunflower oil until very smooth. Set aside.

8. Whisk together the sugar and cornstarch in a medium saucepan. Gently whisk in the corn milk mixture until well blended.

- Place every medium length hair and fringe, in a smooth sweeping movement. Reduce the heat and continue to sweep starting gradually until the moisture dries out about 2 minutes.
- Remove from the heat and set on the

Page 1

8. Spoon the mixture into an serving bowl or mousse. Cover with plastic wrap or waxed paper to prevent a film from forming, and chill for at least an hour.

4. Explain serving with the child at one's level.

Note: The pushing is slow and can be completed from the individual levels. For an elegant presentation, you will need a plate and some liquid with a dropper.

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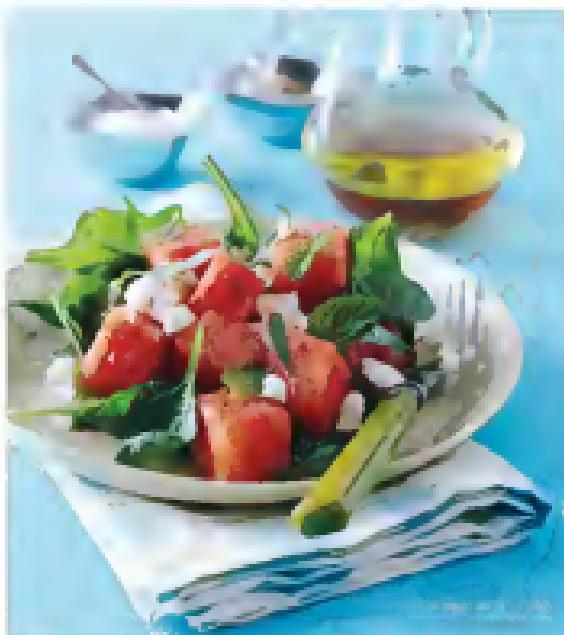
James M. and Lee M. Morris
regional directors, and founders of the
National Homeless Network, www.HomelessNetwork.com



Simple and Streamlined

Unfussy recipes and time-saving tips make for a quick, delicious summer feast

BY CAROLYN PAYE POE PHOTOGRAPH BY THOMAS TIGHE



The perfect summer meal offers a fresh, uncluttered look, no fussy sides. Try starting with the juicy sweetness of watermelon in a tangy salad inspired by a traditional Mediterranean combination of feta and basil pesto. Then grill up light and tangy chicken skewers. And top it off with a rich, no-hassle butterscotch brownie dessert that can be ready for the table in less than an hour.

You can wear, wear, wear while you're shopping. Look for roundish bowls in the Specialty Ceramic section. Buy washed prepackaged baby spinach. Pick green tomatoes; you'll use them thin and because the watermelon pesto will collect at the bottom of the container, you can skip draining the excess. Choose perched, threaded skewers. Freshly pick up a ready-made graham cracker crust, instant pudding mix, and no-simmer can of whipped

cream to make your preparation a breeze and keep you and your family cool.

Start by placing lamb chops in water. This keeps a meaty crust from charring the dinner. Drain your per ingredients except for the whipped cream. While the meat cooks, chop the herbs for the salad and line a large shallow bowl with spinach leaves (keep chopping the vines in the stalks they don't mind).

Set aside the meat to cool, then get the grill or broiler ready. Cut up the peppers for the skewers and set aside. Prepare the pesto and put it in the refrigerator. Now mix the shrimp and peppers with oil and thread onto skewers.

These dishes require no sophisticated culinary know-how, and you can easily adapt them to your personal taste. Try goat cheese on the salad, sliced anchovy fillets on the skewers, or make a rhubarb-bacon salsa for the grill. Experiment with your own combinations and you're sure to come up with a new menu of family favorites.

WATERMELON FETA SALAD WITH BABY SPINACH

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

The combination of watermelon, feta, and mint is a classic in Greek cuisine. This salad is a refreshing balance of sweet, tangy, and salty flavors, with the tang of lime. Freshened mint adds a peppery kick. Spanish and peanut saturation make this a comforting dish a snap to prepare.

Notes: If you have extra basil after making the pesto, use it to add flavor to a variety of dishes. Store the leaves and toss them with plain

poach, sautéed shrimp and rice with a green salad, or party with other rice and Puritan shrimp in rolls à la papa.

3. easy shrimp kabobs

1. Two boneless, peeled shrimp
2. Four lime juice
3. Two tablespoons red wine vinegar
4. Two olive oil
5. Six finely ground black pepper, or to taste
6. Medium lemon fresh mint
7. Large leaves fresh basil
8. Two tablespoons finely chopped bacon
9. Two or wrapped feta cheese

1. Mix watercress in a blender to clean excess grit.

2. In a small bowl, whisk together the lime juice, olive oil, and black pepper. Use immediately with dressing.
3. Lay meat bacon and basil leaves into rough sheets and roll with watercress. Toss lightly and season with red pepper if desired.
4. Place a handful of spinach leaves on each of four plates. Top with watercress mixture. Sprinkle with feta cheese and serve with the Shrimped Skewers.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (10 CALORIES PER CHOPSTICK): 40 CALORIES (NO CHOPSTICK); 100 CALORIES (NO CHOPSTICK); 150 CALORIES (WITH CHOPSTICK); 200 CALORIES (WITH CHOPSTICK).

SHRIMPED SKEWERS WITH SPICY PEPPERS

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 15 MINUTES

Grilled or broiled shrimp is a light, refreshing summer supper. While the grill is heating, prepare the rest of the meal.

1. Two olive oil
2. Two minced garlic, one if less, for a more garlicy flavor
3. Two dried oregano
4. Yellow pepper, sliced, seeded, and cut into 1/2-inch pieces
5. Red pepper, sliced, seeded, and cut into 1/2-inch pieces

1. 16 large shrimp (20 to 24 shrimp per pound, cleaned and deveined)

2. Two salt, or to taste
3. Minced, cut into 4 wedges

4. Prepare grill or broiler (See more about grilling, see "Get Ready: Get Set: Get Grilling" on page 23). If a charcoal grill, open the vents on the bottom and make a small pile of charcoal. Bury the fire in lighter fluid (let the vapors soak all before grilling food) in a charcoal chimney. When coals turn grayish white (about 15 minutes and you can hold your hand 5 inches above the

coal for only three to four seconds, the fire is medium hot and ready. Perhaps a gas or electric grill following the manufacturer's directions. If broiling, preheat the broiler and line broiler pan with foil.

5. In a large bowl, whisk together olive oil, garlic, and oregano. Add peppers and shrimp, and toss to coat.

6. Thread four shrimp, shrimp on each of several metal or bamboo skewers (before using bamboo skewers, soak them for 30 minutes in water and then drain). Alternate shrimp with pieces of yellow and red pepper (chopped peppers finely or more or less



SHRIMPED SKEWERS WITH SPICY PEPPERS

water over a gas burner or flame). If grilling, lightly oil grill rack and add dinner. Turn over once, total cooking time per dinner is about 2 minutes per side. (Covering dinner in a single layer on a preheated broiler pan and broiling 2 to 3 inches from heat until done are just cooked through about 2 minutes per side.)

4. To serve, place each dinner on a plate with the Watermelon Feta Salad. Lightly spoon with oil on the dressing and serve with a wedge of feta.

APPROXIMATE NUTRITIONALS: CALORIES: 440; PROTEIN: 20G; CARBOHYDRATE: 100G; FAT: 14G; CHOLESTEROL: 100MG; DIETARY FIBER: 10G; SODIUM: 1,000MG; CALCIUM: 100MG.

BUTTERFLY BANANA PEARL PIE

MAKES 8 SLICES

ACTIVE TIME: 10 MINUTES
TOTAL TIME: 30 MINUTES

Tracing eyes is an easy step that gives this easy-to-make dessert an air of sophistication. Make the pie first so that it has time to set while you prepare the rest of the meal. If you're in a hurry, toss the nuts with the butter and brown sugar without roasting. The pie can sit while you enjoy the main meal.

1. Preheat 350°F oven to 350°F.
2. Spray melted butter into 9-inch pie crust.
3. Sprinkle sugar over bottom of crust.
4. In a medium bowl, mix chopped pecans with melted butter, brown sugar and 1/2 cup of the vanilla extract. Press in an even layer over the bottom of the pie crust.
5. Lay the banana slices over the nut layer. There should be spaces between the slices with the same spacing throughout.
6. In a medium bowl, combine the vanilla pudding, light cream and remaining 1/2 cup vanilla extract, whisk continuously for a full 2 minutes and the mixture is smooth and has the texture of thick melted ice cream. This may be done by hand or using an electric mixer. Pour mixture on top of the layer



of bananas. Refrigerate and ready to serve at least 2 hours.

7. When ready to serve, place reserved pecan halves in a circle around the edge of the pie. Garnish the center and edges with decorative dollops of whipped cream.

APPROXIMATE NUTRITIONALS: CALORIES: 440; PROTEIN: 10G; CARBOHYDRATE: 100G; FAT: 14G; CHOLESTEROL: 100MG; DIETARY FIBER: 10G; SODIUM: 1,000MG; CALCIUM: 100MG.

8. When ready to serve, place reserved pecan halves in a circle around the edge of the pie. Garnish the center and edges with decorative dollops of whipped cream.

APPROXIMATE NUTRITIONALS: CALORIES: 440; PROTEIN: 10G; CARBOHYDRATE: 100G; FAT: 14G; CHOLESTEROL: 100MG; DIETARY FIBER: 10G; SODIUM: 1,000MG; CALCIUM: 100MG.

Carolyne Pfeifer is a former food editor and food writer.



A Toast to Summer

Summer wine should have a few special qualities, says Tom Hansen, Hansen's Fine Wine Buyer. For starters, it should be fruity and light to medium bodied. A wine served in summer should make your mouth water and then leave you satisfied — a quality that some aficionados refer to as good acidity. And the wine for any season is should be versatile, appealing to everyone in a party. Hansen's specializes in offering a broad selection of excellent wines in a range of price categories so that it's easy to find many good choices to complement your summer meals.

Hansen recommends several summer sensations. Dry rosé from France, Italy and Spain is probably the most versatile wine in the world and the ultimate picnic wine, he says. Hansen particularly recommends **Beaujolais** from South Africa. "The picnic lunch that our sample on page 116 would go great with this wine," he says.

Do your wine with rosé and the other lighter fare, Hansen recom-

mends several varietals. A good sparkling wine such as **Domino Prosecco** (Italy) goes well with everything — even salads. Serve prosecco garnished with salt or rose, and charcuterie with Italian fish such as swordfish. A good Riesling, such as New Zealand's **White Maria** or French **Viognier**, is best with shellfish.

A light, crisp sauvignon blanc, such as **The 2000 (New Zealand)** or **its chiller** with summer salads. It also complements the savory **Mountain Clifftop Scallops** (page 110) and the **Scallops with Caramel Tomato Salsa** (page 21).

And, yes, there is a place for red wines in the summer. Hansen recommends Australian **McLaren Vale Shiraz** paired with heavier dishes such as the **Colled Flank Steak and Red Onion** (page 21). In addition, redshank goes well **Broccoli and Polenta** (page 116) or all bold and fruity wines that pair well with grilled or barbecued foods and pasta.

— Kelly Ferguson

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